



MASSACHUSETTS ME/CFS & FM ASSOCIATION

Temperature Management Challenges Community Conversations, July 2026

Tips and Resources from our Community

ME/CFS and Long COVID can create both cold intolerance and heat intolerance. Some people are affected by only one, or both, or find that they can be cold intolerant for years only to flip to heat intolerant, and then back.

As well as the immediate effects of temperature dysregulation, the heat of the summer months can exacerbate all ME symptoms, physical and cognitive.

Some practical tips and products suggested by our community:

- Stay hydrated! Find an electrolyte drink that works for you (eg. Liquid IV, Vitamin Water, Vitassium, Normalyte).
- Food intolerances can intersect with or exacerbate temperature intolerances. Keeping a detailed diary can help you spot patterns.
- Dress in layers so you can adjust throughout the day. A sleeveless shirt that leaves your armpits exposed can help with the heat.
- Use natural fabrics for clothing and bedding (silk, wool, cotton, linen, bamboo). Wicking fabrics can help keep sweat away from your skin.
- Try cooling fabrics and products (examples [here](#) and [here](#)). Note that these fabrics have may have a chemical smell, so experimentation might be needed.
- Cooling vests can help (examples [here](#) and [here](#)).
- When at home, keep small ice packs in the freezer and swap them out often. You can also use ceramic tiles or even stones.
- Sleeping in the summer can be particularly difficult. Our community reports varying results with cooling blankets. There are water-based or air-based mattress cooling systems available, but these are expensive and prone to breakage. Smaller portable air conditioners that can be moved from room to room might be more effective.
- A cervical wrap that can be heated in the microwave or cooled in the freezer can provide immediate, albeit temporary relief (examples [here](#) and [here](#).)

Thanks to everyone who contributed to this conversation!